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Flash Action

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Triangle Basic Set
Los Angeles Lakers / Chicago Bulls

This is the basic set of the Triangle offense. All 5 spots are filled and interchangeable.
1 passes to 3 and cuts to the left corner. 4 slides up to the middle of the free throw line.

5 sets a ballscreen for 3 and rolls to the basket. 3 comes hard off the ballscreen to the basket.
Option:

1 passes to 3 and sets a cross screen for 2. 2 comes off the screen to the right wing. 3 passes to 2 for an open shot.

1 sets a downscreen on 4. 4 curls up to the left elbow. If 2 isn't open then 2 will pass to 4 for the shot.
Flash
Los Angeles Lakers / Chicago Bulls

4 will flash to the middle of the free throw line or the left elbow for a quick shot or drive. It is when the weakside offensive player comes to the ball.
Flash Option 1:

4 flashes to the middle of the free throw lane. 1 passes to 4. 2 does a backcut to the basket.
Flash Option 2
Los Angeles Lakers / Chicago Bulls

4 flashed to the high post. 1 passes to 4. 2 cuts to the corner. 1 comes to 4 for a dribble hand-off to the basket. 3 v-cuts to the right wing.
Flash Option 3
Los Angeles Lakers / Chicago Bulls

4 flashes to the high post. 1 passes to 4. 2 cuts off 4 to the basket. 3 and 5 set downscreens for 2. 1 cuts to the top of the key. 4 can pass to 2 or 1.
Flash Option 4
Los Angeles Lakers / Chicago Bulls

4 flashes to the high post. 1 passes to 4. 1 and 2 do a split. 1 cuts off 4 to the left elbow. 2 cuts off 4 to the right elbow. 4 can hit either players.
Flash Option 5
Los Angeles Lakers / Chicago Bulls

4 flashes to the high post. 1 passes to 4. 2 cuts off 4 to the right short corner. 3 cuts to the left corner. 5 slides up to the right elbow. 4 takes his man to the basket.

This is an isolation play for the 4 man. Remember you can put these players anywhere. They are interchangeable.
Flash Action

Flash Option 6 (1 of 2)
Los Angeles Lakers / Chicago Bulls

4 flashes to the high post. 1 passes to 4 and cuts to the left wing. 4 passes the ball back to 1 on the left wing.

Flash Option 6 (2 of 2)
Los Angeles Lakers / Chicago Bulls

2 cuts to the basket. 3, 4, and 5 set downscreens for 2. 2 curls the downscreens. 1 passes to 2 for the shot.
Flash Option 7
Los Angeles Lakers / Chicago Bulls

4 flashes to the high post. 1 passes to 4 and sets a downscreen for 3. 2 cuts off 4 to the left low block and then out to the left corner. 3 comes off the downscreen to 4 for the dribble hand-off. 3 comes hard to basket.